



How to help your child with ADHD: Practical ways to make family life run more smoothly

Beverly Davies

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What can you do to help your child who has ADHD?

The challenge of parenting a child with ADHD can be hugely stressful and have a massive impact on your family life. As a parent, it's easy to feel powerless to help your child, and overwhelmed by life. This book gives you practical, real-life methods that can help your child and make their life (and yours) easier. The advice comes straight from the experiences of parents who have been through the same thing as you. Raising a child with ADHD can be exhausting but Beverley Davies equips parents with practical advice and techniques for managing and supporting their ADHD child. Discover the benefits of exercise for your child and how structure and routine can support a child with ADHD and improve their attention span.

Discover how to:

- Deal with doctors and ask the right questions
- Weigh up the pros and cons of different treatments
- Provide the right diet for your child
- Handle difficult behaviour without losing your temper
- Share responsibility with your family
- Work in partnership with your school

Packed with handy tips and real-life case studies this book is much more than just a medical manual, and will make a real difference to your day-to-day life.

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Lela Hird:

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Sally Rose:

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Clara Radtke:

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